Gluten anemia. M8neral deficiency’s. Caffine.

how not eating gluten fixes anemia

https://gluten.org/2019/10/17/celiac-disease-and-anemia/

https://pubmed.ncbi.nlm.nih.gov/11197242/
https://www.mayoclinic.org/drugs-supplements/ferric-citrate-oral-route/description/drg-20122539
https://www.drugs.com/mtm/ferric-citrate.html

Everything keeps saying kidney disease and dialysis and phosphorus lev amuck?
Hard to find liquid iron citrate Dr or chrio.
[11:15 AM]
I
https://www.youtube.com/watch?v=N4nG0ziF5V0

Objective: Iron deficiency anemia has been reported as the most frequent extraintestinal symptom in adult celiac disease. Prospective studies on the effect of gluten-free diet on recovery from iron deficiency anemia are lacking. The aim of this study was to verify in adult patients with celiac disease the efficacy of and the time course of recovery from iron deficiency anemia by a gluten-free diet alone.
Methods: We studied 190 consecutive adult patients with iron deficiency anemia, screened for celiac disease by duodenal biopsies. New diagnosed celiac patients were invited to follow a gluten-free diet alone without iron supplementation. After 6 months of diet, duodenal biopsies were performed and hematological tests were repeated at 6, 12, and 24 months.
Results: Celiac disease was diagnosed in 26 (24 women, 2 men; 13.7%) adult patients. After 6 months of gluten-free diet 14 of 18 (77.8%) female patients recovered from anemia, but only 5 of 18 (27.8%) reversed from iron deficiency. At 12-month control all but one patient (94.4%) recovered from anemia and 9 patients (50%) from iron deficiency. After 24 months of diet, only the patient who did not recover from anemia at 12-month control was still anemic, whereas 10 patients (55.5%) reversed from iron deficiency. A significant inverse correlation (r = -0.7141, p = 0.0003) between increase of Hb concentrations and decrease of individual histological scores of duodenitis was observed.
Conclusions: A screening for celiac disease should be carried out in adult patients with iron deficiency anemia. Recovery from anemia occurs between 6 and 12 months on a gluten-free diet alone as a consequence of normalization of histological alterations of the intestinal mucosa(edited)

Gluten Intolerance Group
Celiac Disease and Anemia | Gluten Intolerance Group
Download the Printable Version of this Educational Bulletin Published October 17, 2019   What is Anemia? Anemia results from a decrease in the size or number of red blood cells, or in the amount of hemoglobin, which is the red pigment in red blood cells. Think of red blood cells as ships that deliver oxygen Read More

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Efficacy of gluten-free diet alone on recovery from iron deficiency...
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Drugs.com
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[11:10 AM]
Celiac disease can damage the part of the small intestine where iron, folate, and vitamin B12 are absorbed. This damage leads to reduced nutrient absorption. Reduced absorption means the body may not get enough of these nutrients, with anemia being one potential result.
*	Iron
*	Shortage can cause anemia because iron is an essential component of hemoglobin and is necessary for transporting oxygen throughout the body.
*	Folate
*	Shortage can cause anemia because folate plays an essential role in the formation of red blood cells, and therefore in the transport of oxygen throughout the body.
*	Vitamin B12
*	Shortage can cause anemia because this vitamin is also essential for the formation and growth of red blood cells.
The most common sign of celiac disease in adults is iron-deficiency anemia that is unresponsive to iron therapy. Iron and folate deficiencies are the more common causes of anemia in people with celiac disease because these nutrients are absorbed in the upper two parts of the intestine where damage can occur in earlier stages of celiac disease. When celiac disease progresses, the lower part of the small intestine can be damaged and cause vitamin B12 deficiency.
If you have had ongoing anemia and underlying medical conditions are ruled out, it is advisable to ask your physician about testing for celiac disease. Celiac disease testing is also recommended if you have been taking iron supplements for

some time and experience no improvement in blood iron levels.
Possible Symptoms of Anemia
Fatigue, weakness, irritability, pale skin, headaches, brittle nails, decreased appetite, increased susceptibility to infections, ringing in the ears, irregular heartbeat, and a decreased attention span in kids.

https://www.glutenfreesociety.org/gluten-sensitivity-and-iron-deficiency-anemia-are-they-related/

does caffeine rob vitamins and mineral s to work?

https://www.ncbi.nlm.nih.gov/books/NBK223808/
Gluten-Free Society
Peter Osborne
Gluten Sensitivity and Iron Deficiency Anemia
Research links gluten sensitivity and iron deficiency anemia. Many patients with celiac disease suffer with chronic anemia, fatigue, weight gain, and...

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https://www.researchgate.net/publication/279923885_Effects_of_caffeine_on_health_and_nutrition_A_Review
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Caffeine can cause nutrient depletion of important nutrients, like vitamin B6, and interfere with nutrient absorption of essential minerals, including calcium, iron, magnesium and B vitamins
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Pharmacology of Caffeine
As stated in Chapter 1, caffeine is the most widely used central nervous system (CNS) stimulant in the world. It has numerous pharmacological and physiological effects, including cardiovascular, respiratory, renal, and smooth muscle effects, as well as effects on mood, memory, alertness, and physical and cognitive performance. This chapter provi...

[11:58 PM]
One section about women and menstruation< why does that word start w men?
April 3, 2021

[12:01 AM]
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[12:02 AM]
Caffeine can negatively affect our health if it is not consumed in moderation. Caffeine can cause nutrient depletion of important nutrients, like vitamin B6, and interfere with nutrient absorption of essential minerals, including calcium, iron, magnesium and B vitamins.
[12:03 AM]
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Paul_Revere11 — Today at 12:13 AM
BUT BUT BUT Caffeine consumption may help reduce the risk of several chronic diseases, including diabetes, liver disease, and cancer, as well as improve immune function but it has also risk for developing coronary artery disease, osteoporosis, gastritis, IRON DEFICIENCY ANEMIA, and still births(edited)
[12:13 AM]
Risk risk risk of ^
[12:13 AM]
Anemia